

Monday

Tuesday

Wednesday

Thursday

Friday

August 2024

Elementary K-8

All meals include: Fat-free, low-fat or lactose-free milk choices.

Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides. 🌱

Lunch options: Listed entrée or a Sunbutter Sandwich meal with sides. 🌱

Vegetarian: 🌱



19

Ham & Cheese Croissant

Side: Strawberry Banana Yogurt Smoothie

Homestyle Chicken Strips with BBQ Sauce Cup
-or- Kickin Tenders 🌱

Side: Mac & Cheese 🌱

20

Turkey Sausage Square

Cheese Pocket 🌱

Side: Marinara Dipping Sauce Cup

21

Chicken Chili Crispito

Side: CK Red Salasa

Chicken Corn Dog with Ketchup Cup
-or- Kickin Tenders 🌱

Side: Potato Wedges

22

Turkey Breakfast Sandwich

Beef Crisp Ups
-or- Bean & Cheese Burrito 🌱

Side: Tortilla Soup
Side: Tortilla Chips

23

Garlic Cheese Toast 🌱

Beef & Pork Pepperoni Pizza
-or- Cheese Pizza 🌱

Side: Variety Vegetable Juice

26

Pork Pancake Pup with Syrup Cup

Side: Strawberry Banana Yogurt Smoothie

Cheese Quesadilla with Red Sauce
-or-

Bean & Cheese Burrito 🌱

27

Plain Bagel with Cream Cheese

Breaded Chicken Drumstick
-or- Cheese Pocket 🌱

Side: Mac & Cheese 🌱
Side: Marinara Dipping Sauce Cup

28

Chicken Chili Crispito

Side: CK Red Salsa

Pasta Alfredo with Chicken
-or- Pasta Alfredo without Chicken 🌱

Side: Garlic Bread Stick

29

Chicken Biscuit Breakfast Sandwich

Popcorn Chicken
-or- Kickin' Tenders 🌱

Side: Mashed Potatoes & Chicken Gravy
Side: Biscuit

30

Maple Chip Pancakes- with Syrup Cup 🌱

Cheeseburger with Ketchup & Mustard
-or- Cheese Pizza

Side: Potato Wedges
Side: Variety Vegetable Juice

Be sure to check your school bell schedule for breakfast service times!

Join Us for Breakfast

The Smart Way to Start The Day



Reduces Anxiety: A balanced breakfast can help ease morning rush and anxiety, setting a positive tone for the day.



Better Focus: Students who eat breakfast show improved concentration and cognitive performance.

Healthy Social Interaction: Arriving early for breakfast allows students to bond with friends, fostering a sense of belonging.

Nutrient-Rich Choices: Participation in school meals means students consume more milk and nutrient-dense fruits and vegetables, essential for their growth and development.

Supports the School Nutrition Program: Every meal served provides additional revenue for the Central Kitchen operations and the nutrition program to continually improve the variety and quality of our menu.

Free Meals for All!

All meals at school, including breakfast, are free! Even if your child has already had breakfast at home or brings lunch, they are welcome to participate in our school meals. By joining, they not only enjoy the benefits of a nutritious meal but also help support our school's Nutrition Program.

Encourage your child to take advantage of this opportunity and contribute to a healthier, more vibrant school community!



thecentralkitchen.org



@thecentralkitchensac

The Central Kitchen - SCUSD
Nutrition Services

Nutrition Services
916-395-5600

This institution is an equal opportunity provider. Menus subject to change.

PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.



HMC
EST. F A R M S 1887

We are thrilled to feature HMC Farms' premium green table grapes on our August menu. Since 1887, HMC has been known for their exceptional quality and commitment to sustainable farming, and today bringing the finest produce from their family-owned vineyards from just outside Fresno, CA. Enjoy these delicious grapes from our salad bar this month!